

# Virtual PE

Week 11: A

With Mr. Adrian

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## Schedule:

1. Muscle of the Week
2. Space Chase
3. Guess That Logo
4. Turkey Ninja
5. Healthy living Tip

\*If videos aren't working,  
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Click  
"Present"

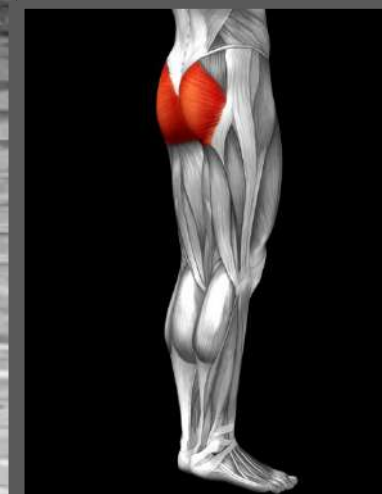
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Muscle of the Week:

# Gluteus (Glutes)



How to workout Glutes?

- Squats
- Lunges



# Space Chase



# Space Chase



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Guess That  
Logo



Next Slide

THIS  
OR  
THAT

Guess That Logo ?

MINECRAFT



PEPSI

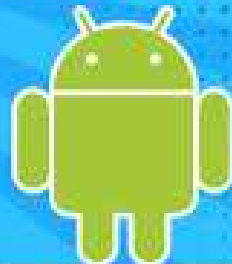


TOYOTA

RÖBLOX



SNICKERS





# Turkey Ninja



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### Tips for Controlling Body Odor



Bathe daily



Shower after sweating



Wash all parts of your body



Wear clean underwear, socks and clothes daily



Sport loose-fitting cotton clothing



Watch for dietary causes of body odor, like garlic

## COLOSSAL QUESTIONS

# WHAT IF YOU NEVER SHOWERED?

DREAMWORKStv



## HEALTHY HABITS For Healthy Kids

### STAY FIT

- Get about eight hours of sleep each night.
- Do some form of exercise every day: run, walk, stretch, play.

### STAY HEALTHY

- Practice good hygiene by keeping yourself clean and germ free.

### STAY ENERGIZED

- Eat nutritious meals daily. Include food groups: dairy, vegetables, fruits, grains, protein.

### STAY HAPPY

- Make good choices every day for a happy, healthy YOU!



Healthy Living Tip:

# Personal Hygiene



Healthy Living Tip:

Be happy with your size